



THERAPEUTIC
HEALTH

FALL CLASSES

September - December 2023

EDUCATION • HEALTH & FITNESS • SPORTS



REGISTER NOW!

ChooseEA.org



EA
THERAPEUTIC
HEALTH

Adult and Senior Classes

ADULT PROGRAMS – FALL 2023

Stroke Survivor Fitness

This 50-minute small group training is built for people who have survived and are looking to build a foundation for restorative movement. You will be working on breathing techniques, range of motion, gaining strength, and increase proper activation to help fight against compensatory movement. Exercises will start in a seated position and transition into standing.

Instructor: EA Therapeutic Health Specialist

Fee: \$60

Student type: Adults (18+)

Days: Tuesday & Thursday

Times: 9:00 – 10:00 a.m.

Location: EA Therapeutic Health – Main Building

Dates: 9/12/23-10/31/23

Dates: 11/2/23-12/19/23

Registration

Registration

Deadline: 9/1/23

Deadline: 10/25/23

Living a Healthy Life with Parkinson's Disease

In this 8-week session, we will explore many different Topics included: activities to reduce symptoms, ways to improve social relationships, modification options for in home daily activities or leisure activities, ways to practice practical thinking and decision-making skills, specific beneficial physical exercise programs such as dance, boxing, cycling, stretching program options, and more.

Instructor: EA Therapeutic Health Specialist

Fee: \$60 per session

Student type: Adults (Ages 18+)

Days: Monday & Wednesday

Times: 1:00 – 1:50 p.m.

Location: Child and Family Bldg 2518 Back of Bldg

Dates: 9/11/23-10/30/23

Dates: 11/1/23-12/18/23

Registration

Registration

Deadline: 9/1/23

Deadline: 10/25/23

The sessions will be led by EA Therapeutic Health Staff community partners, and medical experts from area organizations.



Register online at ChooseEA.org or call (507) 259-7570

*Financial note: EA works with county case managers through the MN 245D HCBS Program to accept waiver payments or service agreements for all programs. Financial assistance is available based on need. Please inquire with our office to complete a financial assistance request form.